

## ABSTRACT OF THE DISCLOSURE

A disposable garment includes a chassis defining openings for the legs and waist of a wearer and side panels. The side panels include a targeted elastic material including zones of high and low elastic tension in the same material, integrated during formation of the material. The targeted elastic material is positioned so that at least one high tension zone is aligned with the waist opening, thereby functioning as an elastic band without requiring a separately manufactured, attached elastic band. A spacer zone, comprising a low tension zone or a no tension zone, is positioned between the at least one high tension zone, which is aligned with the waist opening, and the waist end edge of the side panel.